

PARTNER PROFILE

Spectrum Health is a major health system in Western Michigan with 31,000 staff members and over a million members. Its fast-growing lifestyle and culinary medicine practice utilizes targeted lifestyle interventions to improve outcomes and prevent disease.

THE PROBLEM

The Spectrum Health Lifestyle Medicine team needed a simple, fast, scalable way to gather detailed information about their population's eating patterns and track changes over time. The missing metric was diet quality, the most significant predictor of chronic disease risk. They also wanted a tool that could help guide goal-driven dietary change and provide outcomes data relating to the intervention variables.

THE WORKFLOW

Patient takes the first Diet ID assessment to establish baseline diet and personalized plan, then undergoes the intervention. Patient repeats the assessment at regular intervals to evaluate efficacy of the program.

WHY CHOOSE DIET ID?

- ✓ Boosts program success
- ✓ Benefits participants, regardless of baseline health status
- ✓ Provides deep insights into disease risk reduction, cost savings, and ROI

IMPACT

-11.2
pounds

Weight
Loss

-25.3
points

Reduction in LDL
("Bad") Cholesterol

28%

Needed to either
decrease or eliminate
medications

Over an 8-week period, 18 participants used the Diet ID Assessment and actively participated in CHIP (The Complete Health Improvement Program). The participants also experienced, on average, a reduction in Body Mass Index, Hemoglobin A1C, Blood Pressure, Total Cholesterol, Blood Glucose, and Triglycerides. These outcomes are a direct result of an overall increase in Diet Quality.

SUMMARY OF VALUE

Flexibility and Ease of Use

The Diet ID tool provides a digital, standardized, scalable solution to measure the metrics that lifestyle medicine practitioners care about, but haven't been able to measure seamlessly. Assessment can be completed before, during, or after visit, with results in real time.

Diet Quality Metrics

Change in Diet Quality is the driver of improvement in health biomarkers, cost savings, and quality of life. Every 10-point increase in diet quality (on a 100-point scale) results in at least a 10% reduction in the incidence of chronic disease. This population saw significant improvements in dietary intakes, providing leading indicator data for downstream biometric changes. Over the 8 weeks, results included:



High Completion Rate

Program completion is key to success, and the rate for the Diet ID assessment was 93%. This is crucial because completion rates for long and/or tedious assessment methods is a known problem in nutrition research; this imposes significant limitations on data accuracy and program success.

Accuracy

Participants rated the accuracy of their assessment to be, on average, 93%.

Cost Reduction

The Diet ID data provides insights into risk for future disease, allowing providers to project future changes and track improvement over time. The web-based solution easily gathers critical information about who should receive interventions - identifying candidates earlier than biomarker analysis. The data can also rapidly measure efficacy of interventions and project cost savings well before the typical 2-year timeline to track ROI using claims data.



“To be able to get that rapid assessment has been so helpful as we onboard patients into a program like CHIP and as we follow patients longitudinally.”
- Dr. Kristi Artz, MD, the Medical Director of Lifestyle Medicine at Spectrum Health